



One Step Ahead

News and Notes

www.long-island.usatf.org

July 2010

LOOKING AHEAD TO A BUSY SUMMER

SUMMER YOUTH MEETS

TRACK & FIELD

Balmy summer evenings are great times for you to come to the track and enjoy the USATF-LI Summer Meet Series. We have made some exciting changes this year. Meets for our Youth Athletes will take place on Thursday evenings as they have in the past. Our older athletes will take part in the new Wednesday evening meets.

Age divisions for the Wednesday meets are as follows:

Entering Grades 8-12	High School Division
Leaving 12 th grade but under age 20	Junior Division
Ages 20-23	Collegiate/Senior Division
Ages 24-34	Open Division
Ages 35+ (5 year age groups)	Masters Division

High School/Open/Masters Meet Sites & Events:

Wednesday, June 30 – Mepham HS- Bellmore

400m	Long Jump
100m	Triple Jump
1500m	Shot Put
200m	Discus
3000m	Javelin
Mile RaceWalk	
Texas Sprint Medley (2-1-1-4)	
4 x 800 Relay	

Wednesday, July 7 – Walt Whitman HS – So. Huntington

3000, Race Walk	Pole Vault
2K Steeplechase	High Jump
100m	Discus
100-110 HH	Shot Put
800m	Triple Jump
200m	Long Jump
400m IH	Javelin
DMR	
4X400 Relay	

Wednesday, July 14 – Hauppauge HS – Hauppauge

1500M Race Walk	Pole Vault
400IH	High Jump
400m	Shot Put
Mile Run	Discus
4x400 Relay	Long Jump
4xmile Relay	Triple Jump
	Javelin

Wednesday, July 21 – MacArthur HS – Levittown

To be determined

Registration will open at 5:30 pm – Meets begin at 6:30 pm

Fees:	Members:	\$7.00 for the first event
		\$5.00 per additional event
	Non-Members:	\$7.00 per event

For More information CONTACT Rich Degnan at Mbundr8029@aol.com or check our website at www.long-island.usatf.org

GRAND PRIX SERIES OF ROAD RACES

July Races: July 17 - Arrow Exterminating LI Women's 5K
July 18 – Thunder Run5K

Youth Meets

Thursday, July 1 - Mepham HS - Bellmore
Thursday, July 8 - Walt Whitman HS –So. Huntington
Thursday, July 15 – Hauppauge HS – Hauppauge
Thursday, July 22 – MacArthur HS – Levittown

For details, contact Sheryl Hall at shall@hallenconstruction.com, call our office at 516- 349-9157, or check our website at www.long-island.usatf.org

All divisions, youth open and masters, are invited to the End of the Series Extravaganza which is tentatively scheduled for July 29th at the Mitchel Athletic Complex.

COACHING EDUCATION

USATF Level 1 School is scheduled for July 23=July 25th at the La Quinta Inn in Bohemia. Level 1 is a starting point for all track & field coaches. One of the objectives of the school is to put coaches on a common platform. The Level 1 School covers all events in a foundational manner by emphasizing fundamentals, rules, safety, risk management, and instruction techniques. Level 1 prepares coaches to coach junior high school, high school, club and age group athletes.

For more details contact Fred Benlein at 516-349-7646 or log on to www.usatf.org/groups/Coaches/education. The application and details are also available on our website – www.long-island.usatf.org

USATF-LONG ISLAND CROSS COUNTRY CLINIC

The 2010 USATF-Long Island Cross Country Clinic will take place from August 23 – 28, 2010. It is a five session program held at different venues across Long island. Athletes will be coached by renowned and highly qualified coaches. The goal of the program is to provide runners of all abilities with the necessary techniques and training so that they may develop a mind set to achieve outstanding performances as individuals and as members of their respective teams. Participation is free of charge but space is limited.

This program is presented by the Rolling Thunder Special Needs Program – an active and important part of USATF-LI. It is designed to be all-inclusive. Our athletes not only have the opportunity to improve their running but they are given the unique opportunity to completely interact with each other whether or not they have any disabilities. This program has been tremendously successful and athletes of all abilities and disabilities have learned from one another. For more information contact Steve Cuomo at cuomos1@optonline.net.